

Guardian

Volume 11, Issue 6

Produced for Personnel of KFOR Multi-National Brigade (East)

November 17th, 2004

Italians Drop In



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- Parcel airlift, Dec. 4.
- Priority mail, first class cards and letters and letters, Dec. 11.
- Express mail, Dec. 18.

Contents

GUARDIAN MAGAZINE • VOLUME XI, NUMBER 6
November 17th, 2004

Departments

- 4 **Leader's Notes**
by 1st Lt. Annette Skye
- 5 **QuickTime**
- 7 **Around MNB(E)**
Greek Military Celebration
- 8 **I am the Army**
Col. Flemming tells his
Army story
by Sgt. Benjamin Hokkanen
- 10 **Gear & Gadgets**
Assault Packs
by Sgt. Tomas Rofkahr
- 11 **Faith & Community**
Serbian holiday of Slava
by Drita Perezic
- 21 **Fitness & Health**
Cold weather wisdom
by Spc. Ian Blake
- 24 **Parting Shots**

14



PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. IAN BLAKE

18

- 12 **Italian Exercise**
Troops learn to land anywhere,
anytime
by 1st Lt. William Geddes
- 14 **IOX**
KFOR 'show and tell'
by Spc. Adam Dielschneider
- 16 **Aerial Training**
Phoenix performs new training
by Spc. Adam Dielschneider
- 18 **Lancer Patrol**
More than riding in Humvees
by Spc. Ian Blake
- 20 **Mount Goles**
Guard duty on a mountaintop
by Spc. Ian Blake

On the Cover:

A helicopter carrying soldiers from the Italian 187th Parachute Regiment Folgore Brigade flies into Kacanik during an air insertion operation.

COVER PHOTO BY STAFF SGT. TOMAS ROFKAHR

The Six Nations of Peace

When thinking of Native Americans, it is easy to picture noble savages or fierce warriors. But Native Americans are actually an example of "Promoting Peace." The Haudenosaunee (pronounced Ho-Dee-No-Sho-Nee), or People of the Longhouse, in particular set the example for promoting peace.

The Haudenosaunee are commonly known as Iroquois and originally lived in what is known as the Finger Lake region of New York. The Haudenosaunee consists of six tribes: the Mohawk, Cayuga, Onondaga, Oneida and Seneca. For years the Haudenosaunee fought among themselves until the Peacemaker traveled throughout their territories and delivered the message of Peace.

Oral history states it took the Peacemaker forty years to succeed in his mission, but he was able to make the chiefs of the Haudenosaunee see that they and their people were not honoring themselves, their families or each other by not living peacefully. Once all the chiefs received the message of Peace, they vowed to live peacefully and formed the League of Six Nations, also known as the Six Nations Iroquois Confederacy.

When the chiefs agreed to stop fighting amongst themselves, they laid down their weapons under the roots of the sacred white pine, the Tree of Peace.

The forming of the Confederacy has been passed down through the generations orally, but it was recorded on a sacred belt comprised of wampum beads made from clamshells.

The three main principles of the Great Law of Peace are: **righteousness** (good news), **civil authority** (power), and **mind** (reason).

Once the chiefs agreed to bury their weapons under the roots of the Tree of Peace, they received The Great Law. The Great Law of the Confederacy was also recorded through a sacred wampum belt. These belts still exist to this day, and the words that formed them are still spoken in the native tongue so The People can be reminded of The Great Law and be at peace in their hearts and minds.

The hardest part of the Great Law is to understand the meaning of the concept of peace. Peace is not simply the absence of war.

In the Haudenosaunee mind, peace is a state of mind. Power can easily be thought of as military strength, but more appropriately, it means that one heart, one mind, one head, and one body allowed the Confederacy to remain united in the face of many enemies. Certainly, historians have at times painted a picture of the Iroquois as cruel expansionists.

Iroquois fighting power was legendary. So the question arises: how can the Great Law promote peace if one of the conditions is to have power over weaker nations? Power can be the united strength of the Confederacy, standing together, negotiating together. Unity of action allowed the Iroquois to achieve success in dealing with their "competitors."

The Six Nations is an example of how the spirit also known as the "warrior ethos" can be applied not only to military operations but to everyday life as well. The Six Nations was a powerful allegiance of warriors that used its might to both defeat its enemies and nurture itself and its community. ★



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Guardian

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Quicktime

Anthrax Vaccination Program Paused

The Department of Defense (DoD) is currently reviewing an injunction issued by the U.S. District Court for the District of Columbia regarding the department's anthrax vaccination program.

The injunction did not question the safety and effectiveness of the anthrax vaccine or the immunization program in the DoD. The injunction centered on FDA procedural issues stating that additional public comment should have been sought before the FDA issued its final rule in December of 2003.

The Defense Department's anthrax vaccination program is an important force protection measure. Research conducted by several prominent medical experts and a report by the National Academy of Sciences has determined that the anthrax vaccine is safe, and is effective for all forms of anthrax exposure.

As a result of the injunction, the Department of Defense will pause giving anthrax vaccinations until the legal situation is clarified.

The ruling is similar to the judge's injunction issued in December 2003. At that time DoD paused the vaccination program pending clarification of the legal issues. The 2003 injunction was lifted roughly two weeks later.

DoD remains convinced that the anthrax immunization program complies with all the legal requirements and that the anthrax vaccine is safe and effective.



PHOTO BY SPC. IAN BLAKE

Until further notice, the Anthrax vaccination program is being put on hold.

Bonuses, Education Benefits Upped for Reserves, Guard

Increased education benefits and more flexibility in awarding bonuses are among the quality-of-life improvements targeting National Guard and Reserve service members in the 2005 National Defense Authorization Act. The act, signed by President George W. Bush Oct. 28, also provides for changes in how Guardsmen and Reservists are mobilized and deployed.

"I am encouraged that the (Defense) Department, working with Congress, has enacted a number of provisions that will fundamentally change the nature of Guard and Reserve service," said Assistant Secretary of Defense for Reserve Affairs Thomas Hall Nov. 3. During an interview with the Pentagon Channel and American Forces Press Service, Hall explained many changes contained in the authorization act were vital to bring Reserve Component (RC) benefits more in line with active component benefits, particularly since troops from both components are generally serving side by side in combat zones.

The act also covers an accession/affiliation bonus of up to \$6,000 for reserve officers, changes rules concerning foreign-language proficiency pay, and adds a \$2,000 bonus for RC members who convert to a critical skill. In the past, education benefits for RC troops were considerably below those for active component troops, even when RC service members were activated for extended periods. That is now changed, based on

how long a reserve member is activated, Hall explained.

Members who have been activated more than 90 consecutive days will now receive 40 percent of the active component monthly rate under the Montgomery G.I. Bill, or \$401 a month for those attending school full time.

Hall said the new rules better satisfy the needs of both the reserve and active components. "This is transformational," he said.

EOD Conference Held

The monthly Explosive Ordnance Disposal (EOD) conference was held at Camp Bondsteel. The conference, hosted by the 734th Ordnance Company (Explosive Ordnance Disposal), is a monthly meeting that involves nations from across KFOR.

"The purpose of this meeting is to do a report of what incidents we had, what we did, and discuss possible trends in improvised explosive devices," said Staff Sgt. Teague Bode.

At the conference, they showcased the equipment of their trade, including bomb-defusing robots.



PHOTO BY SPC. IAN BLAKE

This is all that remains of a local department store located in Ferizaj/Urosevac.

EOD Soldier Injured in Car Explosion

One U.S. Soldier and one civilian were injured after an explosion occurred in Urosevac/Ferizaj at 11:00 p.m. Wednesday. KFOR Soldiers were responding to a request from KPS/UNMIK-P officials for assistance in investigating a vehicle, which had apparently crashed into a local department store. The Soldier received immediate care from fellow team members on the scene, and was transported to the Camp Bondsteel hospital for further treatment.

UNMIK and KPS personnel called KFOR Soldiers to alert the 734th Ordnance Company (EOD), out of White Sands Missile Range, New Mexico, currently stationed at Camp

Bondsteel, after an initial examination of the situation determined the vehicle was suspect.

The injured EOD Soldier is Staff Sgt. Paul J. Culkin Jr. from Atlantic City, N.J. Culkin is progressing satisfactorily after being treated for multiple lacerations and penetrating wounds to the face and arm. He is currently in stable condition and expected to make a full recovery.

The local civilian obtained minor injuries and has gone to a civilian hospital for examination.

The cause of the incident is now under investigation by Kosovo civil authorities.

Dept. of Defense Revises Medical Benefits

The 2005 National Defense Authorization Act, signed into law Oct. 28, contains new medical benefits for activated Reservists and National Guardsmen, and extends some other benefits that had been enacted temporarily. Medical benefits for Guardsmen and Reservists who are called to active duty change significantly under provisions in this year's authorization act, Assistant Secretary of Defense for Reserve Affairs Thomas Hall said Nov. 4.

During an interview with the Pentagon Channel and American Forces Press Service, Hall explained that the

Department of Defense is committed to providing quality medical care for reserve component troops and their families before, during and after deployments.

Recent changes make reserve component members and their families eligible for medical care up to 90 days before a deployment. A major change in the new act provides for extended coverage after deployment as well. Activated reserve-component service members are now eligible for one year of TriCare Standard coverage for each 90 days of active duty service. Members pay 28 percent of the cost for care, and agree to stay in the

Selected Reserve for their entire period of coverage, Hall said.

The act also addresses medical readiness of Reservists and Guardsmen. It provides for a review of medical and dental readiness of Reservists and Guardsmen called to active duty.

"Our medical and dental readiness for Guardsmen and Reservists has been OK, but it has not been as good as what it needed to be," Hall said. "We need to ensure that not only is the health of our Guardsmen and Reservists what it should be, but (also that) they're medically ready to go when we call them."

Greeks Celebrate Historic Victory



PHOTO BY SPC. IAN BLAKE

The vehicle commander for a Greek M113 armored personnel carrier salutes Brig. Gen. Nikolaos Kaloudis, first assistant to the KFOR chief of staff, during a passing review at the Greek celebration.

In commemoration of the Oct. 28, 1940 defense of their borders from Italian invasion, the soldiers of 506 Mechanized Battalion held a celebration at their Rigas Fereos base. Lt. Col. Georgios Kollinis, commander of the installation, hosted the celebration attended by many officials from Task Force Falcon, KFOR, including Brig. Gen. Michael Flowers, the chief of staff of KFOR and Greek Brig. Gen. Nikolaos Kaloudis, first assistant to the chief of staff.

Starting out with an impressive display of Greek military discipline from the troops of Rigas Fereos, the audience heard a speech telling the history behind the celebration a passage of which follows. "In the dawn of Oct. 28, 1940, Benito Mussolini's ambassador in Greece demanded its total and unconditional surrender. But to his surprise, the answer he received from the Greek Prime Minister, the answer expressing the whole nation's will, was the single-worded, thunderous 'OXI' (meaning "No")"

Following the speech, those in attendance were given a blessing from a Greek Orthodox priest flown in from Greece for the occasion. After the benediction, the troop formations marched off to prepare the next part of the celebration, a procession of their tactical vehicles.

At the front of the line were three Greek soldiers carrying their nation's flag, followed by columns of troops that would pass by the podium where Flowers, Kaloudis, Kallinis, and other leaders stood to receive the troops. Once the troops had marched past, the soldiers presented their military vehicles, including the M113 armored personnel carrier.

The celebration ended with a reception featuring traditional Greek cuisine including lamb kabobs, octopus, and shrimp. Flowers toasted the success of the Greek troops and echoed the sentiments of former British Prime Minister Sir Winston Churchill when he said, "One should not say that Greeks fight like heroes, but that heroes fight like Greeks."

What Makes the Army: Soldiers

Soldiers often think about getting out of the Army for various reasons: civilian jobs, personal life, lack of promotions, tired of their job in the Army, or any variety of rationale. Col. Stanley Flemming, Task Force Medical Falcon commander, is a Soldier who thought several times he wanted to be finished with the Army, yet as each ETS came around, so did a new opportunity. These opportunities have led Flemming to where he is today, and they also gave him a lifetime of Army memories and an experience to be proud of.



PHOTO BY SGT. BENJAMIN HOKKANEN

Tell me your Army Story.

How did I start my Army career? Actually, when you think about an Army career, it's not just the time when you enter the service, it's how you're exposed to it. I was pretty much born and raised in the Army.

My father was a career Army officer and for me, when I went to college I really waffled in terms of what I wanted to do. I started out in the Navy ROTC program, and after my first year they sent me to Norfolk, Va. for my summer training, and my commandant at the time, a Marine colonel, told me that this was the beginning of a great adventure and I would spend 6 months of every year of my career at sea. At the time I was dating my wife and I thought, "I don't think that's going to go over really well. If I stay in the Navy for 20 years, I'll be gone for 10 years."

I'm not a bright guy, but I can count on my fingers, so the next morning I went into his office and resigned from the Navy ROTC program. It was the first time I encountered an O-6 who got very emotional, as he started throwing things off his desk at me. I figured that was the end of my military career, short-lived as

it was.

Between my junior and senior year of college my parents had made arrangements for me to interview at medical schools. It was, in their minds, my destiny to go to medical school. So I went and interviewed at the med school. And, at the end of that interview I made the decision the last thing on earth I wanted to be was a doctor, for several reasons. One, I realized at that moment that everything had been pre-planned and I had no input. Not once did the dean ask me if I wanted to come to medical school. It was more, "You are coming here because your parents have made that arrangement, and you're going to become one of us." He ended the interview by saying, "Never let yourself be contaminated by people." I thought that was really odd coming from a doctor.

But I walked around Seattle for a long time and realized that medicine really wasn't my calling, and I really didn't know what my calling was. But I happened to come across an Army recruiter that day. So I went in and I asked him, "How does a person join the Army?" I honestly was trying to figure out how I could get out of medical school where

my parents wouldn't have any control because they had control of pretty much everything at that point. So he said I had to take a test. I said to him, "Well, give me the books so I can go study and I will come back and take the test." He asked me why I couldn't just take the test now, and I thought "Because I haven't studied."

Then he told me that since I was a college kid that I was probably pretty smart and that if I failed the test, I could go back and study and retake the test. So I decided that was okay and I sat down and took the test. He went back to the back room to grade it once I finished. Now, I was pretty naive at the time and I didn't realize that he probably went back there, laid on the floor laughing thinking, "I can't believe I got this sucker out in the front room!" I doubt that he ever graded the test. So, he came back and told me I passed. I asked him what I needed to do next, and he said all I had to do was sign the papers and away you go. So I signed the papers and asked him, "Now what?"

"Now you're in the Army," he said. So I said that was great! I asked him if anyone could revoke this and he said no. So,

I went home and my parents were having a party that night to celebrate my going to medical school. I explained to my mother, who was a type A surgeon, that I wasn't quite going to medical school and I showed her my papers. She just about had a stroke, I had never seen her so angry.

So I went off to basic and realized the whole thing was a big mistake. I thought, "Gosh, I should've just stayed in medical school; life would've been a lot easier!" So, I finished that and went back and completed my college since I was in a five-year program, and then I received my commission in the Army as a medical service officer and had my first assignment at Fort Lewis, Wash. as a medical platoon leader. It was a very challenging time. It was a time when the Army was still going through some changes, and I was assigned to a battalion that was struggling for leadership.

I left that unit and wanted to get out of the Army because I thought that the Army just wasn't a good thing anymore. So I called the White House one day and said, "How do I get out of the Army?" Well, they told me, as a second lieutenant, that I needed to be talking to someone in the Pentagon, so they sent me over to the Pentagon. I was talking to that person at the Pentagon and I asked them what I needed to do to get out of the Army. After they got some information from me, they came back and told me that I couldn't get out. So I asked them why and they told me it's because I was a scholarship guy and that I owed the Army four years. So I said that I would pay them back the money and that they could let me out now. They told me that isn't how it works, and that I was stuck. So I decided that I would just waste away the rest of my four years and get out of the Army.

At Fort Lewis, the medical part of the house was divided into three units. They had the high-speed, low-drag med battalion, Maddigan Medical Center, and

the 62nd Med Group. The 62nd was where they put all the really dysfunctional people who were either retiring, couldn't make it, or whatever. So I asked to be put there. I just wanted to go there, spend my time and get out. So, General Walker called me into his office one day and he said that he had seen I had requested the 62nd. I told him that I had. To that he said they disagreed and they wanted me to go over to the 9th Med Battalion.

I told him that I had it with the Army and that I just wanted to do my time and get out. In the end, I was assigned to the 426th Medical Company where I was the XO. I was there for a few months,

"My dad taught me that you should always leave a place better than you found it. And give 100 percent every day."

and then sent over to the 62nd itself and became the HHD commander. I did that job for a few months. Then, suddenly I found myself as the assistant S-3 of the group as a first lieutenant. When I became a captain I found myself as the S-3 of the group, and in a medical group the S-3 is a lieutenant colonel slot.

I ended up working for a group commander who, to this day, was one of the better mentors that I have had. He was phenomenal. If you read about the 62nd today, you will realize that it is one of, if not the, premier Army medical brigades that deploys everywhere in the world. The reason that it is that way is related solely to a guy named Col. Doug Moore, who turned that place around and made it a phenomenal organization.

I served there, was getting ready to leave to a new assignment, and then I was selected for medical school, which surprised a lot of people, including me. So

that was the end of my Army career. I had a wonderful time and left. As I was walking out at the transition point, there was a staff sergeant there who said, "Captain, I see you're leaving the Army." I told him I was and that it was a wonderful ride, I had learned a lot, grown a lot, and now I am going to go start something different. That's when he asked me if I had thought about the Army Reserve. He said that I must be a very wealthy officer. I told him no, I am not; I'm barely making it. What do you mean I'm a wealthy officer? He said that I had given five years of my career to the Army and that I was building a retirement package during that time. He said when I walk away from that I will be

giving back all that money the Army has banked away to pay me when I retire. As a 20 and 30 year old, retirement is not on your radar screen. It only gets there when you hit 35, there's something very magical about that age, but that seems to be when it is. I told him I didn't care about my retirement. Well, he told me how much money I would be giving

back to the government that I could never get back, and he said that if I could live without that amount of cash, then go ahead and walk away. But if I went into the Reserves, he told me, I could go day by day, month by month, year by year, and when it didn't work out for me I could get out. It made sense. I went home and thought about it and decided that it was pretty smart.

So I went back and saw him and asked him what I needed to do to join the Reserves. He told me they could just transfer me over. I told him I was going to go to medical school in California and he told me they could get me into a reserve unit in California. So they assigned me to a U.S. Army hospital. It was very unorthodox. I figured that it was a good placeholder for me though while I was in medical school.

See ARMY, page 22

Assault packs: back to the future

Civilian-made backpacks make carrying your load easier.

Civilian backpacks, like the CamelBak MotherLode shown here, have become increasingly popular in recent years.



PHOTO BY SPC. IAN BLAKE

Last issue we talked about the ALICE Pack, the U.S. Army field rucksack of choice since 1974. Big, green, and covered with a wealth of tough canvas pockets, the ALICE has been around longer, carried more miles, jumped into more drop zones, and stuffed full of more dirty laundry than any other issue pack in U.S. Army history.

Despite a long and honorable tenure, mission requirements, OPTEMPO, and Soldier preference are leading troops away from the ALICE in greater and greater numbers. Troops are turning to smaller, more specialized rucks that can carry a hydration system and enough food, dry clothing and snivel gear to last them a day or more.

These packs are smaller and lighter than the ALICE and arguably just as sturdy. Many models even come fitted to work over body armor, attach to the load-bearing vest, and can even be rigged for airborne operations. The Army Supply System calls them "assault packs," and for many Soldiers they're the perfect compromise between a too large ALICE and simply relying on canteens and cargo pockets.

"For our job, the ALICE is just too big," says Sgt. Craig Gallenstein, a team leader on Camp Bondsteel. "We carry

four people in our Humvees. There just isn't room inside the vehicles for that much gear. Worse, on our patrols, we're driving through places that are too tight for us to lash our rucks to the truck. They'd get torn apart."

Despite several similarities, assault packs are actually more than just extra tough civilian daypacks. While they can indeed be stuffed with schoolbooks, lunch, and a laptop, the assault pack has a more martial aspect to its design. First off, they're made for Soldiers – which means that they're made from tough material like 1000D Cordura, are tactical in color, have ALICE style drain holes, radio attachment points, and pass through ports for whip antennas. In addition, most have removable waist belts (to avoid tangling with web-gear) and are made to carry low and snug to a Soldier's back.

The model most commonly seen in use by U.S. Soldiers in Kosovo is the 2000-year model CamelBak MotherLode. A simple olive green daypack, the MotherLode can hold up to two 100-ounce hydration bladders in addition to carrying 1700 cubic inches of gear. Newer models of the MotherLode are issued to and carried by members of the EOD team here at Bondsteel. This

newer assault pack holds over 2000 cubic inches of gear and boasts lumbar support and a special "air channel" back panel that helps dissipate heat.

Even if you're not on foot patrolling the border, or rolling with the perimeter response force outside Camp Bondsteel, the assault pack is a popular and efficient means of carrying Soldier "essentials." Don't need the hydration system? Simply ditch the bladder and the MotherLode quickly loses a little weight and gains an extra pocket to carry more stuff in. For troops in the field that can mean an extra poly-pro shirt or a safe place to stuff a wet poncho.

Regardless of how you use the assault pack, their addition to the inventory and their acceptance by Soldiers and commanders are a visible sign of today's changing Army. The smaller, lighter, and more modular assault pack is perfect for quick-moving operations in any terrain. Indeed, they're much like the Soldiers that use them: fast, smart, and tough. ★



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Slava: 'Birthday of the Faith'

A Serbian Orthodox physical and spiritual celebration of family and faith.

One of many Serbian Orthodox churches found in Kosovo.



PHOTO BY SGT. STEPHEN GROVES

Customs and traditions are important to people throughout the world. By celebrating national and religious holidays, families and communities connect with each other and preserve elements of identity. With so many different ethnic groups and religions, it is no surprise that Kosovo is a rich fabric of holidays, customs, and traditions.

In a recent edition of the Guardian, we were able to learn a little about a religious holiday celebrated in Kosovo – the Holy Month of Ramadan – celebrated by a number of ethnic groups that belong to the Islamic faith. The focus of this article is to share with you some of the customs, traditions and holidays unique to the Serbian community.

Dedication to family and faith are crucial to the Serbian people. There are a number of national holidays celebrated by the Serbs. Many more Serbian holidays are closely linked to the Serbian Orthodox Church. Through the Serbian Orthodox Church, Serbs have preserved their faith and have celebrated customs and traditions honored over centuries.

A unique element of custom, tradition and faith found among the Serbs is not so much linked to a particular religious holiday, but rather to when religious holidays occur. The Serbian Orthodox, Russian Orthodox,

and Church of Jerusalem use the Julian calendar to mark their holy days. We are more familiar with the Gregorian calendar used by the Roman Catholic and Protestant Christian churches. The difference between the two is 13 days. For example, Christmas Day on the Gregorian calendar is celebrated on Dec. 25; for those using the Julian calendar, Christmas day is celebrated on Jan. 7. Articles on Christmas in Kosovo will appear in future editions of the Guardian.

The focus of this article is a distinctive tradition among the Serbs called the *Slava*. Celebrating a *Slava*, or Patron Saint Day, is the equivalent of celebrating the “birthday of their faith” for the Serbs. Hence *Slavas* take on both a physical and spiritual meaning. There can be more than one kind of *Slava* celebrated among the Serbs.

A *Family Slava* marks the day their ancestors accepted Christianity or were baptized. A *Church Slava* marks the Saint Day on which a particular church was dedicated. In some villages and cities the inhabitants celebrate a Saint they have selected as their patron protector, marking the *Village or City Slava*. All schools celebrate the *School Slava* on the day of St. Sava, who was the first Serbian Orthodox archbishop and teacher. Various organizations, societies, and

institutions – to include the military – have *Slavas* throughout Kosovo, Serbia, or wherever Serbian Orthodox Christians may be found. The United States is home to numerous Serbian Americans that continue to celebrate their respective *Slavas* across our country.

Celebrating a *Slava* includes a number of traditions that are centered around the family. Relatives will visit with each other to celebrate *Slavas*. An icon of the particular patron saint is put in a place of prominence with a candle lit on the day of commemoration. This act designates the sacred place for family prayer. A *Slavski Kolac*, a special cake, is presented along with a glass of wine on that day. Such elements carry with them a special symbolism. The candle represents the “light of life in God,” the bread is the symbol of Christ, and sometimes a dish of boiled wheat (*Koljivo*) is blessed and served in the memory of family members that have since passed on. The candle is never allowed to blow out. The wine is used to extinguish its glow. The glass of wine is then passed around the family who are congregated in a circle. Each member takes a sip of the wine, insuring that the *Slava* will continue to live on through him or her. Incense may also be burned.

See *SLAVA*, page 23

At a Moment's Notice

Story by 1st Lt. William Geddes
Photos by Staff Sgt. Tomas Rofkahr

Just more than twenty minutes. That's how long it took four fast-moving KFOR helicopters to fly from Multi-National Brigade Southwest (MNB(SW)) to MNB(East) and air-insert 24 soldiers from the Italian 187th Parachute Regiment Folgore Brigade onto a soccer field outside Kacanik Oct. 25 as a part of Operation Determined Commitment.

The operation demonstrated KFOR's ability to reinforce a sector within hours anytime, anywhere, for any reason, by bringing in forces from out of sector. The rapid movement of a battalion of 187th Para. Reg. Soldiers into the southern portion of MNB(E) was a clear show of force.

"We used aviation assets from four different countries in one of the biggest lifts they've done here in a long time," said Col. Jack Lee, deputy commander for maneuver (DCM) for MNB(E). "It demonstrated that we could quickly insert part of that force, and then the rest of that force joined up with that force by ground convoy movement. During the operation we conducted vehicle checkpoints along the main route down into the Former Yugoslav Republic of Macedonia, and also established observation points along the border. The purpose of those observation points and vehicle checkpoints were to interdict smuggling operations. They inspected more than 300 cars on the main route going into General Jankovic."

The air insertion was an effective show of force that took place concurrently at two other locations besides Kacanik, with an additional 24 soldiers inserted at each location.

The insertion at Kacanik made it clear this was by no means meant to be a stealth operation. Soldiers from a nearby Polish/Ukrainian checkpoint motioned to the referees of an ongoing youth soccer game

to clear the field. As the players moved to the sidelines, two soldiers placed bright orange VS-17 signaling panels at mid-field, while other soldiers quickly secured each corner of the field.

While players and spectators of the well-attended game gaped, the four low-flying helicopters circled the field, then quickly began to descend in pairs, each one moving to a corner of the field. Italian paratroops spilled out the open doors into the wash from the rotor blades, and in moments, the tiny field was secure.

Then, with the same intense barrage of noise and debris, the helicopters exited to the cheers and applause of the crowd.

Not the spectacle they had come to see, but a much-appreciated display nevertheless.

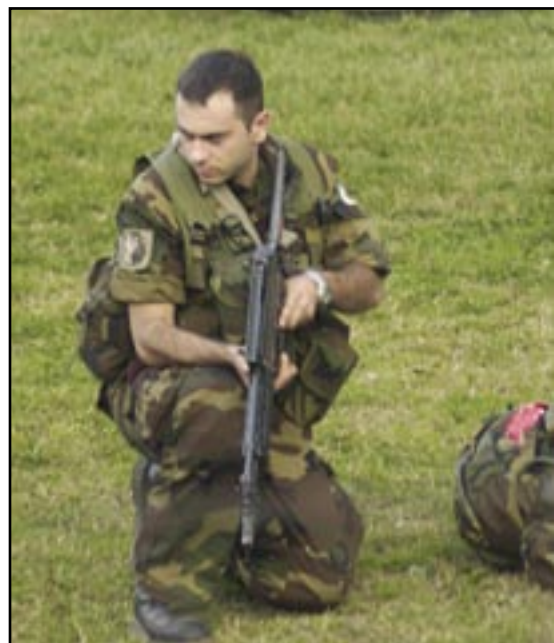
Besides operations in MNB(E), the Soldiers from the 187th Italian

Parachute Regiment also performed reinforcement operations in other MNBs too, as did soldiers from the German 104th Panzer Battalion and the French 8th Airborne Marine Infantry Regiment.

"The Germans conducted several operations in MNB(SW) where they did some very large cordon and search operations and some vehicle check point operations," said Lee. "One of our companies from the 2/102nd CAV, Task Force Lancer went up and joined them to show that we can reinforce them. They spent a 72-hour operation working with them.

"(During) this whole operation, COMKFOR brought in out-of-country forces to show he could reinforce throughout Kosovo in a time of need, and that he could quickly use these forces, and they could be integrated into the current forces to reinforce for any activities," added Lee. "We can reinforce from out of sector within hours, and from out of Kosovo within 24-48 hours."

And to Kacanik in 20 minutes.





(Far left) Soldiers from the Italian 187th Parachute Regiment Folgore Brigade exit a helicopter during an air insertion near Kacanik. (Above) A helicopter approaches a soccer field near Kacanik for an air insertion. (Lower left) An Italian 187th Parachute Regiment Folgore Brigade Soldier secures the area during an air insertion in Kacanik. (Left) Helicopters lift off after inserting Soldiers from the Italian 187th Parachute Regiment Folgore Brigade.

IOX: Permission to show off

Story and Photos by Spc. Adam Dielschneider



(Above) A Spanish Soldier sits atop his armored vehicle during the Inter-Operability Exercise (IOX). (Below) An American M88 armored recovery vehicle tows the German Marder IFV to demonstrate compatibility.

Walking the line of vehicles, the visitors saw close to a dozen different nations represented: armored cars from Spain, Finland, and Ireland, light-wheeled vehicles from the Czech Republic, and infantry fighting vehicles from the United States and Germany. In an atmosphere reminiscent of a state fair, the vehicle operators proudly stood near their vehicle displays, ready to answer any questions about who they are and what they do.

It was all part of the Inter-Operability Exercise (IOX), a multi-national event meant to familiarize the different forces with other equipment and make sure the various systems are compatible. The two-day event was a combination of static displays and dynamic presentations, said Chief Warrant Officer Curtis Wilson, Headquarters and Headquarters Company, 37th Brigade Combat Team. Wilson was one of the main coordinators of the event.

The dynamic presentations mostly involved heavy equipment from Germany and the United States. An M2A2 Bradley was driven onto a German heavy-vehicle transport, and an IFV Marder, the German equivalent of the Bradley, was driven onto a U.S. transport. This demonstration was meant to show that the vehicles would fit on both trucks without any problems.

Another demonstration made use of the Bradley and Marder vehicles in conjunction with armored recovery vehicles from United States and Germany. Again, the U.S. M88 recovery vehicle hitched up to the Marder, and the Bradley was attached





A Czech Soldier digs around with a Swiss construction crane during the IOX.

to the German recovery vehicle. Each recovery vehicle then took a quick spin around the parade grounds area with the other nation's APC in tow to show compatibility.

One highlight of the event for many of the participants was the opportunity to drive vehicles from other countries. For example, the M88 crew was allowed to test-drive the German recovery vehicle, and the Hummer drivers were allowed to drive equivalent vehicles from other nations, such as the Alligator amphibious armored car from Czech Republic, said Staff Sgt. William Nadiak, 38th Maintenance Support Team.

"We're used to our own vehicles and the way they handle and ride. It's good to get in and feel the different types of suspension and handling (in other vehicles)," said Nadiak. "But the language barrier is there in the vehicles because everything is labeled in a foreign language, so they had to teach us step-by-step each time we got into a new vehicle."

The Soldiers couldn't help but feel both proud of their own equipment, and jealous of another nations' vehicles, said Wilson.

But despite the slightly competitive tension in the air, and the prominent language barrier, interacting with Soldiers from other nations was a big plus for everyone.

"We got to have a lot of camaraderie with different foreign units, like Germans and Poles and Czechs, and I got to meet a lot of friends out here and have a good time," said Nadiak.

In Wilson's opinion, the IOX was a great success. "We came together and it worked out well," Wilson said.

Many of the Soldiers would attend this kind of exercise again in a heartbeat. "This is absolutely one of the best experiences that I've had here in Kosovo, let alone the United States," said Nadiak.



A crew chief from a Black Hawk helicopter attaches a cable to the underside of the aircraft to demonstrate its sling loading capability.



PHOTO BY SPC. IAN BLAKE

(Far right) An OH-58D Kiowa Warrior flies by during the aerial M4 rifle live fire training. (Above) Two Kiowas land at the firing range, where the pilots receive their safety briefing. Next, the pilots, including Chief Warrant Officer John Hoffman from P Troop, 4-278th ACR (right) start up their aircraft again and get into position for the live fire. The left seat passenger/copilot aims the M4 rifle at the targets during the fly-by portion of the live fire (below).



PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. ADAM DIELSCHNEIDER



PHOTO BY SPC. ADAM DIELSCHNEIDER

Phoenix conducts aerial training

Story by Spc. Adam Dielschneider

A new system of threat reaction and self-defense is giving OH-58D Kiowa Warrior pilots more options during a conflict. Using strategies developed decades ago in the Vietnam War, Kiowa pilots from across the Army are now being trained to fire M4 rifles from the aircraft's windows.

The new training involves a typical crawl-walk-run system, said Chief Warrant Officer Brad Hutsell, standardization instructor pilot for P Troop, 4-278th Armored Cavalry Regiment. First, the pilots go to a virtual weapons trainer to get familiar with the M4 rifle, since most are only qualified with M9 pistols. Then, pilots fly to a gunnery range where they are run through a series of shooting scenarios.

During the daytime live fire, Soldiers shoot three 20-round magazines at stationary targets. The first magazine is fired from a standing position outside the aircraft. The second is fired from the aircraft door while hovering 20 to 200 feet off the ground, and the final 20 rounds are shot from the door while the helicopter sweeps along perpendicular to the targets, said Hutsell.

For the nighttime portion of the training, pilots repeat the scenarios practiced earlier, but strap on night-vision goggles and enable the laser sights attached to the M4s. The pilots can easily aim the rifle by placing the red laser dot on the target, said Hutsell.

The reason for this resurgence of small arms use in scout helicopters stems from pilots' experiences in the war in Iraq. Scout helicopters like the Kiowa are being used there to patrol remote areas of the country, leading to two different reasons for the M4's use, said Chief Warrant Officer Jim Wright, an instructor from

the USAREUR aviation safety and standardization station in Germany.

First, helicopter pilots are sometimes required to make unexpected landings in hostile areas because of mechanical problems with the aircraft. When landing in a hostile area, pilots need more than just an M9 pistol to protect themselves and their aircraft, said Wright.

Second, the weapons mounted on scout helicopters generally produce a lot of collateral damage, so there is less control over what buildings or innocent bystanders are affected. For example, the .50-caliber machine gun mounted on the Kiowa can only be fired in one-second bursts of 12 to 15 rounds, and those rounds can easily penetrate walls, houses, and even light armor plating. Not only does this endanger civilians, but fratricide or friendly fire is an important concern, said Wright.

Using M4 rifles gives pilots another option before opening fire with high-powered weapons. Rather than initially resolving a conflict using a high-caliber machine gun, pilots can now start off by reacting with an accurate, controlled rifle round. Warning shots are much more effective when a single round can be fired. And because the pilots keep the rifles mounted in the front of the aircraft on top of the instrument panel, they are easily accessible in an emergency landing situation, said Wright.

"What is interesting is that the use of M4s in OH-58s popped up spontaneously across the board last year in Iraq. Now it is a standard that is being trained again," said Wright. "But like anything else in the Army, you hope you never have to use it except at the target range."

TF Lancer patrols Vitina, appraises livestock

Story and photos by Spc. Ian Blake

This busy street is typical of a market day in the city of Viti/Vitina. Between the haggling merchants bartering over how much a cow is worth and children making their way to school, there is the regular sight of cavalry Soldiers walking the streets. Every one of them is prepared for anything that could possibly happen. Regardless of the elections happening across Kosovo, Task Force Lancer is treating this like any other patrol.

Prior to the presidential elections, the Soldiers of Task Force Lancer have begun to increase their presence at political functions across Multi-national Brigade (East) as part of their daily patrols to provide extra security for the people of Kosovo.

They started their patrol in the city of Vitina/Viti with a foot patrol of a local marketplace. As they waded through the crowd of farmers, merchants, and livestock, the Soldiers keep an eye and ear open for any suspicious activity, like people distributing propaganda contrary to the peacekeeping operations. The locals, who allowed the Soldiers to approach their livestock and pet them, welcomed the Soldiers. Some Soldiers were even given the chance to ride one local's horse. The shaggy white workhorse was shared by two of the Soldiers, however their equestrian skills are no match to those of the pre-mechanized cavalry.

After leaving the livestock market, the Soldiers of Troop A drive to a busy business district in Viti/Vitina. The area was a swarm of merchants and traders on that market day, and the Soldiers set about working the crowds for any potential incidents, like unruly mobs or street crime. During the course of the dismounted foot patrol, they came across a number of citizens carrying flyers spouting anti-United

Nations Mission in Kosovo (UNMIK) propaganda. A few of the Soldiers followed the paper trail to find the distributor of the flyer, while they kept a friendly and non-aggressive presence in the community, said Sgt. Ryan Payne, Troop A 2-107th Cavalry. The person in question was found distributing his flyers outside an open-air marketplace. This kind of incident, Payne said, was a common occurrence around election periods. Through the use of their translator, the Soldiers talk with the man and get his name and contact information

people," said Payne. "We're experiencing a new culture, something that we get the opportunity to do on these patrols."

With the marketplace patrolled, the Soldiers then piled back into their vehicles and headed to downtown Viti/Vitina. They parked in the UNMIK police station's parking lot and patrolled the street down to a convention center. Inside the glass and whitewashed walls of the building, the Soldiers provide a presence for one of the political rallies happening that day. They kept themselves to the back of

the theatre, then slipped out to patrol the area for anything that would hamper the rally's security, like mobs of opposing party members and other such threats.

As they continue to patrol the city streets on foot, the air becomes filled with the loud honking of car horns. Looking down the street, the Soldiers saw several cars with white flags bearing the names of a political party circle the town square. The cars were advertising the political rally to be held

on a hill overlooking Ramnishte/Ravniste before they drove off.

When they arrived on the hilltop to patrol the rally, once more the Soldiers kept on the outside and observed the long line of speakers. The rally concluded with a performance by a local folk singer. But the real closer of the rally was a troupe of drummers and pipers supplying the pulsating rhythm for the politicians and crowd to converge in a massive circular folk dance.

The crowd continued to dance as the Soldiers quietly worked themselves off the court. Their shift was over and the next rotation had come to relieve them. With the elections, TF Lancer was prepared to provide the healthy environment needed to give Kosovo a chance to run on its own.

"These rallies are proof that there



(Above) Taking a moment from his patrol, Spc. Aaron Oberlander, Troop A, 2-107th Cavalry, inspects a cow at a livestock market outside Vitina. (Right) In a nod to cavalry of past eras, Spc. Andrew Locke, Troop A, 2-107th Cavalry, gives a try at riding a local farmer's horse outside Vitina.

before watching the man continue his work. Later on the Soldiers would report the incident to their command, provide copies of the propaganda to UNMIK, the Kosovo Police Service, and the local authorities, as is their procedure.

The market near where they found the person distributing the flyers was the next location for the patrol. They weaved their way through the colorful crowds and the merchants selling everything from freshly grown vegetables to furniture. As the Soldiers walked about the market, the citizens greeted the Soldiers. This kind of interaction, although a normal part of creating a safe and secure environment, was a part of the patrol that the Soldiers enjoyed performing, said Spc. Aaron Oberlander, Troop A, 2-107th Cavalry.

"We're getting out among the local

See PATROL, page 23



A week on the mountaintop

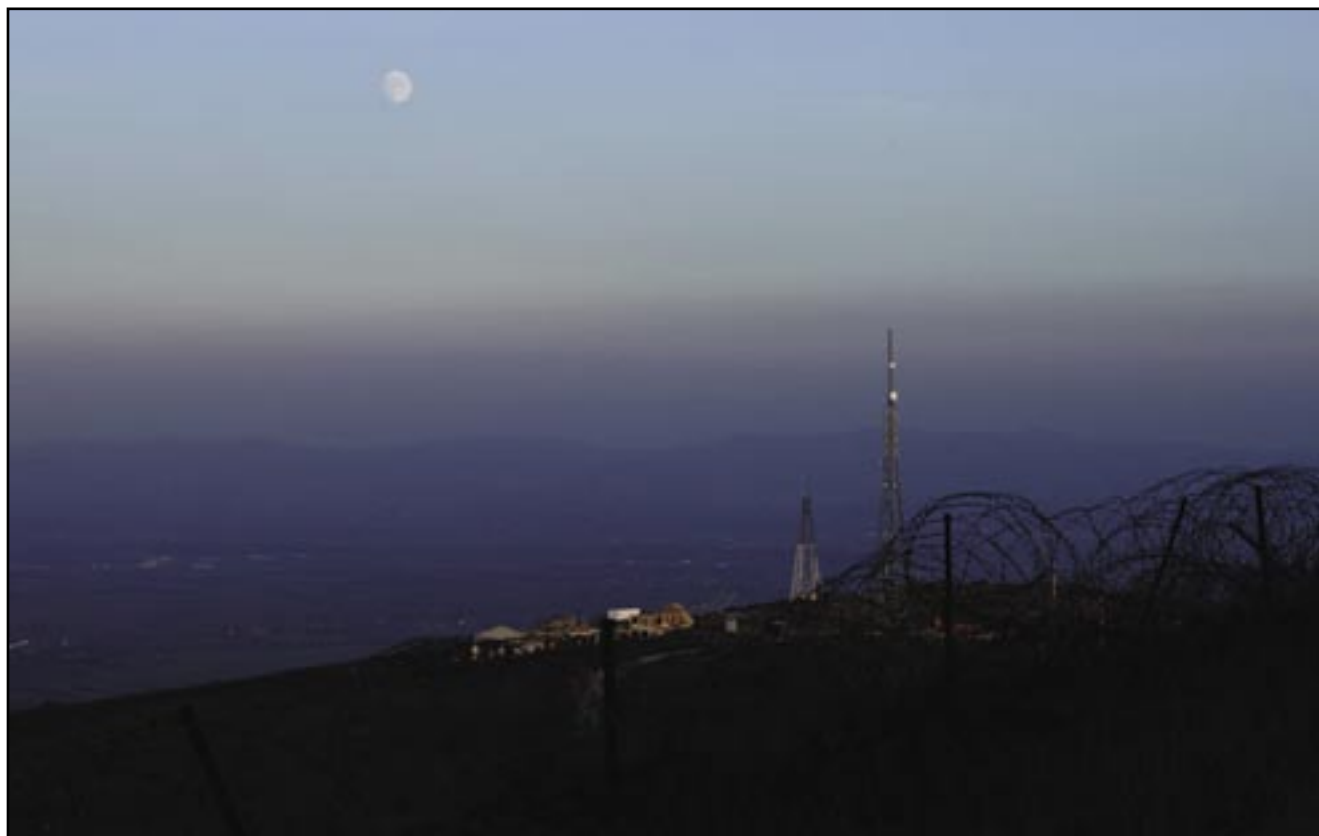


PHOTO BY SPC. ADAM DIELSCHNEIDER

A view to the northeast from the top of the Mount Goles installation. Guard duty on the mountain gives Soldiers the opportunity to relax and take photos of the breathtaking landscape while helping out the British soldiers who serve there fulltime.

Story by Spc. Ian Blake

E-5s and below, you have an excellent chance at guard duty on Mount Goles. Here is some insight on what to expect.

For starters, Soldiers from Task Force Falcon, in cooperation with Multinational Brigade Central, provide security for operations conducted atop of Mount Goles, near the city of Pristina/Prishtina.

A guard complement of Task Force Falcon Soldiers is sent to the mountain compound, called Bagheera Lines, for a weekly shift to conduct 24-hour security for the military and civilian personnel of the radio rebroadcast station on the mountain. The 651st Signal Troop, Royal Air Force, operates the station.

Primarily the Soldiers are responsible for manning the gate to the mountaintop, conducting perimeter checks, and monitoring the screens in the operations room.

"The duty was just what I expected, standing guard at the guard shack," said

Pfc. Michael Andis, TF Falcon Joint Visitors Bureau (JVB).

The guard shack, the name given to the Conex next to the front gate, is the home away from home for the Soldier at the gate, allowing the guard a place to escape the cold mountain wind.

The largest group of Conexes on the compound is connected by wooden hallways and functions as the housing block for the rotating guard force and permanent party.

Bathroom and shower facilities are located in the same buildings as the sleeping quarters. Noise should be kept to a minimum in the accommodations, since someone from the last guard shift may be sleeping.

During the long days guarding the gate, Soldiers can gauge time by the gastronomical clock; serving times at the dining facility. The dining facility, another Conex, serves meals three times a day but remains open at all times. This allows the Soldiers to get drinks, fruit, and snacks between meals.

When Soldiers are not working, they have the "Hard Rock Café Kosovo" at their disposal. This Conex is always jumping with excitement at night as the personnel come in to unwind. There is a billiards table, dartboard, and an old foosball table in the corner for Soldiers to use. They can also sit at the bar and watch one of the British Broadcasting Channels on the television.

In the end, most Soldiers agreed that the guard rotation was an educational experience, and had met their expectations. "I wouldn't mind coming back here," said Spc. Dustin Hoobler, TF Falcon G3 section.

"It was nice to get away," said Sgt. Joshua Blackstone, TF Falcon JVB, "We got along great with the British soldiers, and the cook-out they had on Saturday night was a good way to liven things up."

Sound appealing? Interested Soldiers can check with their chain of command about volunteering for a week-long stint on the mountain.



PHOTO BY SPC. IAN BLAKE

Don't get caught out in the cold

Wearing insulated boots, like the pair shown here, is just one way to fend off cold weather injuries.

Cold weather injuries are a common ailment among Soldiers stationed in colder climates. Such disorders include hypothermia, frostnip, frostbite, chilblains, and trench foot.

The severity of each condition depends on the situation, but all can seriously harm or even kill an unprepared individual. So to better protect yourself this coming winter, this installment will present the different ways the body loses heat to the environment, and the different types of cold weather injuries that can occur.

Heat from the body is lost through four ways: radiation, conduction, convection, and evaporation. Radiation is the loss of heat to the environment through the temperature gradient. The important factors in radiation are the surface area and the temperature's gradient.

Conduction is when heat is lost through direct contact between objects, which is a molecular transference of heat energy. This loss is not as great when one is dry, but when you get wet you begin to lose heat 25 times faster. Simply put—stay dry, stay alive.

Convection is the process where one object is in motion. Molecules against the surface area are heated, move away, and are replaced by new molecules that are then heated. Wind chill is an example of convection.

Evaporation, heat lost from converting water from a liquid to a gas, is the

fourth way heat is lost from the body. The major example of evaporation is perspiration, the evaporation of water to remove excess heat. This includes sweating, and respiration.

More importantly, Soldiers should recognize the strong connection between fluid loss, fluid levels, and heat loss.

As the body loses moisture through various forms of evaporation, the overall circulating volume is reduced, which can lead to dehydration.

This loss in fluid levels makes the body more susceptible to hypothermia and other cold injuries.

There are many cold weather injuries that can befall Soldiers, but the one that stands out the most is hypothermia.

According to the book *Medicine for Mountaineering*, hypothermia is “a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired.” Hypothermia can be caused by cold temperatures, improper clothes and equipment, dehydration, poor food intake, being wet, fatigue or exhaustion, no knowledge of hypothermia (which will hopefully be eliminated by reading this article), and alcohol intake—this increases surface blood flow and increases heat loss.

Hypothermia has four levels of severity: mild, moderate, severe, and death. The initial signs of hypothermia

are the “-umbles,” meaning stumbles, mumbles, fumbles, and grumbles. These show changes in motor coordination and levels of consciousness.

Mild Hypothermia is characterized by shivering, inability to do complex motor functions (like firing a weapon or shooting a compass azimuth) but a retained ability to walk and talk. People with this level of the condition have a core body temperature of 98.6 to 96 degrees Fahrenheit.

Moderate Hypothermia is characterized by dazed consciousness, loss of motor coordination—particularly in the hands (like being unable to zip up a field jacket because of restricted peripheral blood flow), slurred speech, violent shivering, irrational behavior (such as people taking off clothing or being unaware that s/he is cold), and a “don't care” attitude. People at this level will have a core temperature of 95 to 93 degrees Fahrenheit.

Severe Hypothermia is characterized by waves of shivering, falling to the ground, not being able to walk, curling into the fetal position to conserve heat, rigid muscles (due to reduced peripheral blood flow and lactic acid buildup in the muscles), pale skin, dilated pupils, and decreased pulse rate.

With a core temperature of 90 degrees, the body tries to move into hibernation, shutting down all peripheral blood flow and reducing breathing

See *COLD*, page 23

So, just to clarify, the whole reason you joined the Army in the first place was to get out of going to medical school?

That was the first time. You know, being in the Army today, people often ask, "You're a doctor and you do a lot of things in your civilian life. Why waste your time serving in the military?" That's one of the best questions people can ask me.

What keeps me in the Army and what keeps me going is actually several things. First and foremost is the opportunity to work with what I consider to be America's greatest asset, and that is its people. I get to work with the Soldiers. I look at the Army that I came into and I look at the Army of today and there is no question in my mind that today's Army is the best Army we've ever fielded in the history of this nation. We have young men and women who are smart beyond their years.

I've never seen that quality across the board like it is today. We are a volunteer Army. When I came into the Army, it was an Army of conscripts where people were being forced to serve. It was abysmal. I was a glorified, over-paid baby-sitter. Today, we have men and women who are serving not because they have to, but because they want to, and that makes for a completely different kind of environment for working.

Living in America and serving in the military is something I don't consider anything short of a responsibility that we have. When you go out and look at Kosovo for example where people don't have the same rights as we do. They have to have clearances just to travel around the country.

We don't have that. Americans have incredible rights and privileges. The only reason we have that today is because we have men and women in all branches of the service who are truly willing to put it on the line to ensure that we maintain those freedoms that we have.

Back home in our communities, most Americans are oblivious to the fact that there are people overseas who have given up their time with their families, jobs, and who are out here thousands of miles away from everything they have

back home.

I look at the question "Why do I serve?" I serve because I believe in the tenets of our Constitution. I believe in the rights and privileges that we as Americans have. Am I making sacrifices to be here? Yes. However, I feel that it is an obligation that I have, and I believe in fulfilling that obligation.

What kinds of things are you looking forward to accomplishing on this deployment?

My number one priority is really taking the commanding general's agenda and applying that to the medical aspect of things.

As the task force surgeon, my responsibilities are to support him and the supporting commanders in accomplishing what they need to do. One of the CG's goals is the transition to civilian authority.

We deal with a tremendous amount of civilian population who is requesting medical support. If we're going to transition that piece to the civilians, we need to ensure that we are in a partnership with the local medical centers, hospitals, and clinics, as well as the physicians that are here. We need to help them achieve the levels of what we have for them.

So that as patients come to us, we can actually put them back into the civilian system and know that they are going to receive care at a standard that we feel comfortable with. One of the ways in which we do that is through Grand Rounds. Grand Rounds is where we bring doctors from military, NATO, and civilian groups here to the hospital and we have an expert present a lecture on a given topic.

Another way is through sending doctors into the medical clinics and teaching at those levels, helping to bring those local doctors up to a decent level of skill.

We also teach techniques to those doctors. We've had our surgeons and radiologists go out to the facilities for that instruction. We have doctors who will do consultative work with the local physician so that they can have the opportunity to learn.

The second goal is to ensure the safety

of the Soldiers in my command. I came with 'x' number of Soldiers, and my goal is to return each and every one of those Soldiers back home to their loved ones. It's a commitment that I made before we left, and it's a commitment I take very seriously.

My third goal here is to ensure that the medical care we give to our Soldiers and civilians we care for is world class. I hope that no one on this planet can exceed the level of care that we provide here.

People come here because they're hurting, not because they feel good. It's up to us to give them the quality of service that they deserve.

My fourth goal is to provide to the commanding general and his maneuver units the best medical support that they could ever hope for. What makes our mission here a success is our ability to give Soldiers in the front lines what they need, when they need it, in order to do their job.

What do you do in your civilian life?

Back home I wear several hats. I've been the mayor of my city, and as I've taken on more and more of the Army's business I stepped down from that, and when I get home I'll be a city council member. I was the first mayor of our city and helped start that city from scratch; turning it from nothing into a very prosperous and economically sound city.

My other job is Chairman of the Board for Evergreen State College, which is one of the five Washington state universities. That has been a great job and I really enjoy that. Another hat that I wear back home is as the Chairman of the Board of the telecommunications commission there. That is another great job and I really loved that one. My fourth job is being the chief of staff and chairman of the family medicine department at the medical center that I worked at back there.

Those are my main jobs back home. Prior to becoming mayor of University Place, I served as a member of the Washington state House of Representatives in Olympia. And, probably the biggest job I have back there is being a dad and husband. That's my favorite

and the coolest job I have.

Do you have any words of wisdom, anything that your dad may have told you when you were young that you carry with you today?

I have a couple. My dad was a very stern individual, so we may not have seen eye to eye on a lot of things. But the thing that my dad taught me that I've never forgotten is that you should "always leave a place better than you found it" and "be an asset to your community, not a liability." That has really stuck with me both in my civil work that I do and my military work. In other words, give 100 percent every day.

The second is something one of the generals I used to work for always would say to me. "Know what your priorities in life are. Live by your priorities. Make all your decisions based on your priorities." He used to have this exercise where you write down your top three or four priorities and once you have that list, every decision you make after that is based on that list. I have found in my life that by having that list making decisions based on that list, life really does tend to get simplified after a while.

Lastly, and this is one that gets a lot of leaders into trouble, don't ask anyone to do something you aren't willing to do yourself.

Too many leaders look at certain tasks as being "private's work." We're all Soldiers first, and we need to work together to get each and every task done. ★

SLAVA (Continued from Page 11)

Afterwards, a special family feast is prepared. The family rejoices being together, and many toasts are offered as well as wishes for health, peace and prosperity. Traditional songs are sung, some centuries old, accompanied by traditional instruments.

In the past, it was not odd for Serbs celebrating a *Slava* to be visited and wished well by their Albanian neighbors. Since the end of the war such occasions are rare, but may still occur in some places. Likewise, there are some *Slavas* that can no longer be observed due to a combination of the post-conflict envi-

ronment, damaged or destroyed churches, and displacement that has affected these communities. It will take time and sincere effort to mend relations and begin new relationships between these fractured communities. A good first step for us all, whether from the United States or from Kosovo, is to recognize and respect the numerous holidays, customs, and traditions of the many people of Kosovo. ★

Death from Hypothermia occurs when the body's core temperature drops below 86 degrees Fahrenheit. Breathing becomes erratic and very shallow, the person becomes semi-conscious, cardiac arrhythmias develop, and the heart stops, resulting in death. So be wary of these signs, and take the proper steps to protect yourself and your fellow Soldiers from Hypothermia.

Other factors that influence cold weather injuries are:

- Low ambient temperature
- Wind chill—this increases the rate of freezing dramatically
- Moisture—wet skin freezes at a higher temperature than dry skin
- Insulation
- Contact with metal or super-cooled liquids
- Exposed skin
- Previous cold injuries
- Constricting garments
- Cramped positions (like sitting in a vehicle)
- Body type
- Dehydration
- Calorie intake
- Diabetes and some medications
- Alcohol
- Caffeine and nicotine.

The more common cold weather injuries are frostnip, frostbite, trench foot, and chilblains. Although they are

not as immediately life-threatening as hypothermia, they still require immediate aid.

Frostnip is distinguished by a freezing of top layers of skin tissue, white, waxy skin and numbness. It is most typically seen on cheeks, earlobes, fingers, and toes.

Frostbite is characterized by skin becoming white and feeling "wooden," along with numbness or possible loss of sensation. Superficial frostbite includes all layers of skin, while deep frostbite can include freezing of muscle and/or bone; it's very difficult to rewarm the appendage without doing some damage.

Chilblains is caused by repeated exposure of bare skin to temperatures below 60 degrees.

It's characterized by redness and an itching sensation. It is normally found on cheeks and ears, fingers and toes. Women and children are most susceptible to this particular injury. The damage caused by this condition is permanent, and the redness and itching will return with exposure.

Trench foot, a condition very similar in process to chilblains, is caused by prolonged exposure of the feet to cool, wet conditions. It can be caught at temperatures as high as 60 degrees Fahrenheit if the feet are constantly wet.

If you have any questions about preventing any of these conditions, please consult with the personnel in the preventive medicine department of Task Force Medical Falcon. ★



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PATROL (Continued from Page 18)

is hope for a democratic way of life in other countries," said Spc. Jeremy Meece, Troop A, 2-107th. "We have only been in Kosovo for five years now, and look at the progress that their people have made towards democracy. Afghanistan just voted on its leader and Iraq votes in January. The Kosovo elections are proof that we can be just as successful in Afghanistan and Iraq given more time."



Drita Perezic is the Cultural Advisor for Task Force Falcon and can be reached at drita.perezic@bondsteel2.areur.army.mil

Parting Shots

